

BANANA

delights



so easy to make -
delightful to serve

SELECTED

BANANA MILK SHAKE

Children's Favorite With or

Between Meals

1 fully ripe banana
1 cup cold milk

Slice banana into a bowl and beat with rotary egg beater or electric mixer until creamy . . . or press banana through medium mesh wire strainer with a spoon. Add milk and mix thoroughly. Serve COLD. Makes 12 ounces—2 medium-sized drinks.

BANANA TEA BREAD

Delightful Specialty Bread Cakelike
in Texture

1 3/4 cups sifted flour	1/3 cup shortening
3/4 teaspoon soda	2/3 cup sugar
1 1/4 teaspoons cream of	2 eggs, well beaten
tartar	1 cup mashed banana (2 to 3
1/2 teaspoon salt	bananas)

Sift the flour, soda, cream of tartar and salt together 3 times. Rub the shortening to a creamy consistency with the back of a spoon. Stir the sugar, a few tablespoons at a time, into the shortening and continue stirring after each addition until light and fluffy. Add eggs and beat well. Add flour mixture, alternately with banana, a small amount at a time. Beat after each addition until smooth. Pour into a well-greased loaf pan and bake in a moderate oven (350° F.) about 1 hour or until bread is done. Makes 1 loaf, about $8\frac{1}{2} \times 4\frac{1}{2} \times 3$ inches.

BANANA SHORTCAKE

Always a Favorite Always in Season

Bake any cake or gingerbread in two layers; or split any cake, cup cake, gingerbread, biscuit or muffin into two layers. Place sliced ripe bananas between and on top of layers.

Serve with plain or whipped cream, ice cream, fruit juice or dessert sauce.

KITCHEN-TESTED BANAN

FROZEN BANANA DELIGHT

Cool and Tempting Easy to Make

$\frac{3}{4}$ cup mashed banana (2 to 3 ripe bananas)
6 tablespoons sugar
2 teaspoons lemon juice
 $\frac{1}{2}$ cup cream, whipped
 $\frac{3}{4}$ teaspoon vanilla
 $\frac{1}{4}$ cup chopped nut meats
1 egg white

Combine mashed banana, sugar and lemon juice. Add whipped cream, vanilla and nut meats. Beat egg white until stiff enough to form peaks and fold into mixture. Place into freezing trays of automatic refrigerator and freeze until firm. Six servings.
Nuts may be omitted if desired.

BANANA FRITTERS

Crisp and Fruity For Main Course

or Dessert

Melted fat or oil	$\frac{1}{4}$ cup flour
4 medium bananas	Fritter batter

For shallow frying, have 1 inch of melted fat or oil in frying pan.

For deep-fat frying, have deep kettle $\frac{1}{2}$ to $\frac{2}{3}$ full of melted fat or oil.

Heat fat to 375° F. (or until a 1-inch cube of bread will brown in 40 seconds). Cut bananas crosswise into quarters, halves or 1-inch thick pieces. Roll pieces in flour, then dip into fritter batter, completely coating the banana with the batter. Shallow fry or deep-fat fry in the hot fat 4 to 6 minutes or until brown and tender. Drain on unglazed paper. Serve very hot. Six to eight servings.

Fritter Batter

1 cup sifted flour	2 teaspoons baking powder
$\frac{1}{4}$ cup sugar	1 egg, well beaten
$1\frac{1}{4}$ teaspoons salt	$\frac{1}{8}$ cup milk
	2 teaspoons melted fat or oil

Sift together the flour, sugar, salt and baking powder. Combine egg and milk, and add gradually to dry ingredients, stirring until batter is smooth. Then stir in fat. This is a stiff batter.

A RECIPES

BANANA SCALLOPS

New, Delicious Serve as a Vegetable

Melted fat or oil

6 firm bananas

1 egg

$\frac{3}{4}$ cup fine corn flake crumbs,
bread or cracker crumbs,
or corn meal

1½ teaspoons salt

For shallow frying, have 1 inch of melted fat or oil in frying pan.

For deep-fat frying, have deep kettle $\frac{1}{2}$ to $\frac{2}{3}$ full of melted fat or oil.

Heat fat to 375° F. (or until a 1-inch cube of bread will brown in 40 seconds). Beat egg and add salt. Slice peeled bananas crosswise into 1-inch thick pieces. Dip into egg and roll in crumbs or corn meal. Shallow fry or deep-fat fry in the hot fat 1½ to 2 minutes or until brown and tender. Drain on unglazed paper. Serve very hot. Six servings.

BANANA COCONUT ROLLS

A Simple, But Unusual Hot Dessert

6 firm ripe bananas

2 tablespoons lemon juice

Shredded coconut

Peel bananas. Roll in lemon juice and then in coconut. Place in well-greased baking dish and bake in a moderately hot oven (400° F.) 15 to 20 minutes or until coconut browns and bananas are tender. Serve hot with hot lemon, orange or other fruit sauce. Six servings.

HOW TO PREVENT DISCOLORATION OF BANANAS

To keep sliced or cut bananas from turning dark, just dip the slices into or sprinkle them with grapefruit juice (fresh or canned), pineapple juice (canned), orange juice or lemon juice.

ALL MEASUREMENTS USED IN THESE RECIPES ARE LEVEL

HOW TO COOK BANANAS

TO BAKE

Peeled: Peel bananas. Use whole, or cut into halves or quarters. Arrange in a shallow baking dish. Brush with melted butter and sprinkle with salt. Bake in a moderate oven (375° F.) until bananas are tender. Allow 12 to 18 minutes for whole bananas or crosswise halves. Allow 8 to 12 minutes for quarters or lengthwise halves. Serve very hot.

Unpeeled: Cut off both ends of each banana. Make a lengthwise slit with a sharp knife through the skin of the banana. Bake in a moderate oven (375° F.) for 15 to 20 minutes or until skins are dark and bananas are soft to the touch. Separate the peel and season with butter and salt, if desired. Serve very hot.

TO BROIL

Peel bananas. Use whole, or cut into halves or quarters. Place on broiler rack or in pan. Brush with melted butter and sprinkle with salt. Broil until bananas are brown and tender. Allow 6 to 10 minutes for whole bananas or crosswise halves. Allow 3 to 5 minutes for quarters or lengthwise halves. Serve very hot.

TO FRY

Pan Frying (Sautéing): Peel bananas. Cut into quarters or lengthwise halves. Heat 1 or 2 tablespoons of butter in frying pan. Fry bananas, turning them until brown and tender. Sprinkle with salt, if desired. Serve very hot.

Shallow Frying: For shallow frying, have 1 inch of melted fat or oil in frying pan.

Deep-fat Frying: For deep-fat frying, have deep kettle $\frac{1}{2}$ to $\frac{2}{3}$ full of melted fat or oil.

Heat fat to 375° F. (or until a 1-inch cube of bread will brown in 40 seconds). Peel bananas. Cut into quarters or halves, or slice into 1-inch thick pieces. Fry bananas plain . . . or dip into beaten and salted egg. (Use $1\frac{1}{2}$ teaspoons salt for each egg. One egg is sufficient for 6 to 8 bananas.) Roll in fine corn flake crumbs, bread or cracker crumbs, or corn meal.

Shallow or deep-fat fry in the hot fat 1 to 3 minutes or until brown and tender. Drain on unglazed paper. Sprinkle with salt, if desired. Serve very hot.

SIX SIMPLE
MEAL PLANNING SUGGESTIONS
featuring

Cooked Bananas



Cooked bananas are a natural accompaniment
for meat, fish and poultry



Roast Beef
Banana Fritters
Scalloped Corn
Boiled Greens

Banana Fritters
Creamed Broccoli
Buttered Squash
Celery



Baked Fish
Baked Bananas
Creamed Brussels Sprouts
Scalloped Tomatoes

Roast Lamb, Mint Jelly
Banana Scallops
Creamed Carrots
Cole Slaw



Baked or Fried Ham
Banana Scallops
Creamed Cauliflower
Pickled Beets

Hamburg Steak
Baked Bananas
Baked Stuffed Tomatoes
Buttered String Beans

BANANA HIGH-LIGHTS

Buy bananas by the "hand" (or cluster) at the stage of ripeness you find them in the store.

Green-tipped and all-yellow bananas are excellent for cooking. For further ripening keep them at comfortable room temperature (not in the refrigerator).

Fully ripe bananas (yellow peel flecked with brown) are best for fruit cups, salads, desserts, drinks and for immediate eating.



HOME ECONOMICS DEPARTMENT
MEL-O-RIPE FRUIT COMPANY
Long Wharf, Boston, Mass.

Printed in U. S. A.